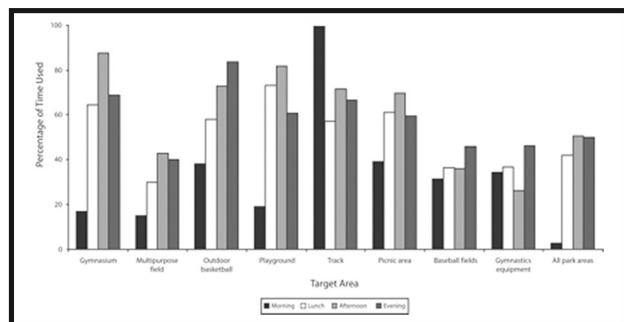


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The closer a person lives to a park, the more likely they are to utilize it.

“Among observed park users, 43% lived within 0.25 mile, and another 21% lived between 0.25 and 0.5 mile of the park. Only 13% of park users lived more than 1 mile from the park.”

Cohen, D. A., McKenzie, T. L., Sehgal, A., Williamson, S., Golinelli, D., & Lurie, N. (2007). Contribution of Public Parks to Physical Activity. *American Journal of Public Health*, 97(3).

Residents who live closer to parks are shown to exercise 5 or more times per week more than those living more than 1 mile away from parks.

“More residents living within 0.5 miles of the park reported leisurely exercising 5 or more times per week more than those living more than 1 mile away.”

Cohen, D. A., McKenzie, T. L., Sehgal, A., Williamson, S., Golinelli, D., & Lurie, N. (2007). Contribution of Public Parks to Physical Activity. *American Journal of Public Health*, 97(3).

Having access to a safe park has been shown to increase likelihood of regular physical activity.

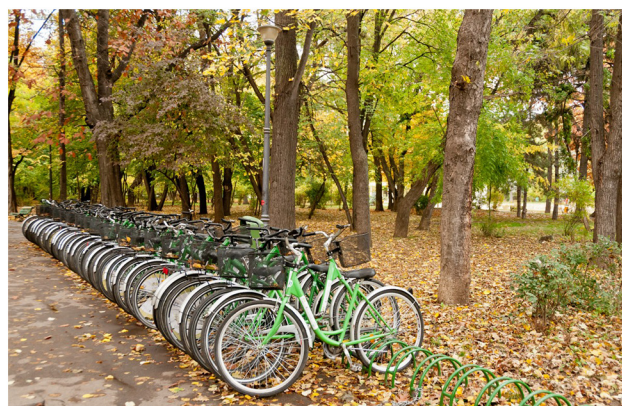
“Stratified analyses revealed that access to a safe park was positively associated with regular activity and negatively associated with inactivity for adolescents in urban areas, but not rural areas.”

Babey SH, Haster TA, Yu H, Brown R. Physical activity among adolescents: When do parks matter? *American Journal of Preventive Medicine* 2008; 34(4):345-348.

Nature and green space is associated with higher levels of physical activity.

“Green environments support children’s moderate and vigorous activity (Wheeler et al. 2010; Coombes, van Sluijs, and Jones 2013). In a review of the influence of the neighborhood environment on the health and development of children from birth through age seven, Christian et al. (2015) found twenty two studies that examined associations with neighborhood green space. Most of these studies found positive associations between access to green spaces and more outdoor play and physical activity. In an additional study, Lovasi et al. (2011) found that low-income preschoolers in New York were more physically active when they lived in neighborhoods with more street trees. Gardsjord, Tveit, and Nordh (2014) reviewed thirty-two studies that examined characteristics of parks and other green spaces that contribute to physical activity in eight through twenty-one-year-olds. The most frequently reported factor was ease of access, measured either as distance from home to green areas or the percentage of green cover in the neighborhood. According to a number of studies, it was also important that green spaces included amenities like sports facilities, trees, open areas, playgrounds, or paths and be perceived as safe and well maintained. Additional studies by de Vries et al. (2007) in the Netherlands, Janssen and Rosu (2015) in Canada, and Young et al. (2014) in the United States are consistent with these findings. Children are also more likely to walk and cycle when they have street trees and nearby parks (Timperio et al. 2004; Larsen et al. 2009).”

Chawla, L. (2015). Benefits of Nature Contact for Children. *Journal of Planning Literature*, 30(4), 433-452. <http://dx.doi.org/10.1177/0885412215595441>



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Outdoor time has been shown to be associated with increased physical activity and decreased sedentary behavior, both habitually and acutely.

“Sixteen observational studies (one longitudinal, 15 cross-sectional) examined the relationship between usual outdoor time and habitual physical activity in 17 papers. All 16 studies reported that outdoor time was positively related to physical activity.”

Gray, C., et al. (2015). What Is the Relationship between Outdoor Time and Physical Activity, Sedentary Behaviour, and Physical Fitness in Children? A Systematic Review. *International Journal of Environmental Research and Public Health*, 12. <http://dx.doi.org/10.3390/ijerph120606455>

“Eight observational studies (one longitudinal, seven cross-sectional) examined the relationship between outdoor time and acute physical activity. All eight studies reported that physical activity was higher when children were outdoors than when they were indoors and five studies showed that total physical activity was 2.2 to 3.3 times higher outdoors than indoors.”

Gray, C., et al. (2015). What Is the Relationship between Outdoor Time and Physical Activity, Sedentary Behaviour, and Physical Fitness in Children? A Systematic Review. *International Journal of Environmental Research and Public Health*, 12. <http://dx.doi.org/10.3390/ijerph120606455>

“Studies that examined habitual behaviours showed that children with higher amounts of outdoor time engaged in higher amounts of physical activity and lower amounts of sedentary behaviour than children who spend less time outdoors. Studies that examined acute behaviours showed that children were more physically active and less sedentary while they were outside than while they were inside.”

Gray, C., et al. (2015). What Is the Relationship between Outdoor Time and Physical Activity, Sedentary Behaviour, and Physical Fitness in Children? A Systematic Review. *International Journal of Environmental Research and Public Health*, 12. <http://dx.doi.org/10.3390/ijerph120606455>

